  

|  |  |  |
| --- | --- | --- |
| Nom : | Prénom : | Age : |
| Grade actuel : Kyu | Depuis le : |  |

PASSAGE DE GRADE 3ème Kyu de KARATE ( marron 1 )

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Programme | | Insuffi. | Moyen | Bien | T.bien | Observations |
| SALUT | |  |  |  |  |  |
| POSTURE | |  |  |  |  |  |
| VITESSE | |  |  |  |  |  |
| KIME | |  |  |  |  |  |
| REGARD | |  |  |  |  |  |
| KIHON | Déplacements |  |  |  |  |  |
| Blocages |  |  |  |  |  |
| Coup de Poing |  |  |  |  |  |
| Coup de Pied |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **KATAS** | Taikyoku Shodan |  |  |  |  |  |
| Taikyoku Nidan |  |  |  |  |  |
| Taikyoku Sandan |  |  |  |  |  |
| Heian Shodan |  |  |  |  |  |
| Heian Nidan |  |  |  |  |  |
| Heian Sandan |  |  |  |  |  |
| Heian yondan |  |  |  |  |  |
| Heian Godan |  |  |  |  |  |
| Tekki Shodan |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| RESULTAT : |  | Date : |  |